Recovery Kernel

Udãnulo Lwezimali

US Master | Final Consolidated | Istruktura Eqinile 1:1

Ikhaya elisemthethweni leNgisi lesiZulu yokuphakama kwendawo kanye nezindlela zokuhlela.

Inhloso. Le ndlela incedisa abahlela ukuba benze imiqondo emhlophe, ehloniphekile emabhokisini asezweni zika-Recovery Kernel. Ikhombisa kanjani ukuthi ikusasa (consent), amandla (capacity), umbhalo (scope), kanye nenhloso (responsibility) zingasho ngaphandle kokuhlukumeza abantu, kokuba ngezinto eziningi kakhulu, noma ukuguqula ikhamela ibe yomsebenzi wezimo emangalisayo ongangaziphathwa.

Ikhomba le-pipeline. Ukuhlela kwezifakci elingqungquthelwe kanye nezihloko zezifakci ziqondishwa ukuba sihlale. Usezi zihloko njengezinto ezihlezi ezigcwele (parser anchors) yizimemezelo zokuthumalo, ukulungiswa kwendawo, kanye nezingoxwayisi.

Ithakazelo Lesigaba Esilandelayo

#	Isihloko Sesifakude	Izi-Key zokuhlaziya
1	Yini umkhawulo?	Yini umkhawulo?
2	Kungani izigaba zibalulekile	Kungani izigaba ziyathanda
3	Yiziphi izigaba ezikwazi ukuvuleka?	yiziphi izigaba ezingakufanele zikuvule?
4	Indima yomfundisi/umkhulisi	umsebenzi wekuhlinzeka ngusizo
5	Kanjani ukubona inkinga yomkhawulo?	kanjani ukubona inkinga yomkhawulo (boundary pressure)
6	Kuthi ngizisho kanjani?	kanjani ukusihlalinisa
7	Ibhokisi vs umuntu/umuntu ngamunye	ikhonza vs umuntu ngamunye
8	Imiqoqo	izigaba
9	Okuthi ungakwenzi ukuthi	ukuthi ungazenzani

Yini umkhawulo (boundary)

Ikhakhukhazo akuyona ukuhawula, ikude ngokwayo, noma usibonakalisa ukuthi umuntu emncane kanjani. Ikhakhukhazo yizimo zokuxhumana okwenzeka. Libhali isikhundla lapho ingcazelo, amandla, ubuchazi, kanye nenhloso kukhona ngempela.

Ezindaweni zikaRecovery Kernel, imiqondisi ielisa ithuba lokubandakanyeka ngobuhlulekile. Inikeza abantu indlela yokuba khona ngaphandle kokuthi bazilupheke, bazikhombise kakhulu, noma benze ukuzibonakalisa kwesivumelwano abingazizwa ngempela.

Ikhakhukhazo kungakusho ngumphathi, kuwathwalwa yomfundisi, kubhakwa kumandleni okuhlangana, noma kunyazwa endlini yonke. Inkinga akusiyo ukukenza bonke babe namahlakalo okuqhubeka kude. Inkinga ukwenza kube nokubambisana okungenakuzibonakala ngaphandle kokungabaza ukuthi yini eliwamukelwe, yini elingawumukeleli, kanye nalesi sithandwa esithile esingakusetshenziswa.

Ukuthi imiqondisi ibaluleke kanjani

Ngaphandle kwemigci kezigama eziningi zaba yizinto eziyisetshenziswa, zibonakala kakhulu, ziyasiza, ziyadinga, noma zingenza isimo sibe siqinile ngokuthula. Abantu bangakwazi ukulawula imiqondo yabo yabo ukuze babonakale bahlangana, benze i-wellness, baqhamele ukungaphumuli umndeni, noma bakwazi ukubeka indawo engasibekela emangalweni.

Lapho imiqondisi ivulile, ukubandakanyeka kungaba yinto efanele lapho kuqala ukukhanya kodwa kukhona isizathu esingabonakali sokuba singelona. Abantu bangakwazi ukunikeza okuningi kunokudingekayo, bakwamukela ubudlelwano abangakhethi ngempela, banikeza umthwalo wobuhlobo obungabathathi, noma balalele ngenxa yokuthi ukuphetha "cha" kuphawula njengokubopha kwamasiko omndeni.

Ukusebenza kahle kwezimbangela kusinda ukuziphatha. Kuyenza kube lula ukuba kubandakanyelwe ngempilo, akusizange kuqinisekishe kabi. Ikhonza elinezimbangela lixazululela ukuphatha ukunqoba, ubuhlungu, inamandla, umzekelo, ukungalivumelani, kanye nokuthula ngaphandle kokuthi kunye nazo kube yona into okufanele kwenzeke.

Yiziphi izigaba ezikwazi ukuvuleka

Izigaba zingakwazi ukuhlonipha ukungena kwamaqhukumiselo, isikhathi, ukukhuluma ngizinto, umsebenzi wezimo zomsando, ukunika imfundiso, ukuxhumana okusizelela, ukimfihla, indawo yomzimba, ulimi, ukuhamba kwesifundo, ubuchwepheshe bobu-topic, isiqondiso somoya, kanye nokubekezela ukuthi umuntu angamkhuluma ngakho okungadingekayo.

Ikhakhukhazo kungabonakala njengomkhawulo wokuthi umuntu angakusho kanjani, imkhawulo yokuthi yiziphi izinhlobo zokuziphawula ezikwazi ukuzithola, imkhawulo yokuthi isihloko singakuhlala kangakanani sihlala kuphakathi, noma imkhawulo yokuthi umuntu akufuni ukuxhumana kanjani emva kokuphepha.

Izigaba zingakwazi ukuba zibe yingxenye yokuqondile. Umhlangano ungakwazi ukuba namazigaba mayelana nokukhuluma okungaqondile, imfundiso eqondile, izimemezelo zempilo, i-content ye-crisis, ukuzibophelela kwemithunzi, izinto ezigxoxwa ngokujulile, noma yini eyokwenza indawo ihambe kude ekusebenzeni komphumela kuya ezweni lokungaphathwa.

Indima yomfundisi

Umfasilithali akufanele abhekise emiqondweni njengezingcindezi ezigxekisayo umsebenzi omthetho. Imiqondo iyingxenye yomsebenzi omthetho. Iyisimanje eyinhloko yindlela umkhondo ube yindawo yokuzinikela lapho abantu beqondisa ngaphandle kokuzikhulula ngokwenza isizotha.

Ingxenye yakho ukuzigcina imiqondo emhlophe, ukunciphisa ubuhlungu bokuthi "cha," kanye nokusiza umphakathi ukuqonda ukuthi ukunikeza izilingo nokuqondiswa kuqinisa ukuzinabangela kunokuthi kukhomba. Isibopha akudinganga ukuba sinamandla okubekeka ukuze sihlonjiswe.

Lapho kubonakala ubungani, phansila. Lihlaziye ngokucacile. Lilinikele ukusindela ngaphandle kokumenza umuntu azivikela. Emva bese usiza ikhamera ukubuyela ekthonisweni okusebenza ngaphakathi kwesigaba esisha. Injongo akukuthi ubungani bakhanyeke. Injongo ukumvumela ikhamera ukuhlela kuyaqondile kuwo.

Kanani ukubona inkinga yomkhawulo (boundary pressure)

Inhlanganisela yombala ivame ukubonakala ngaphambi kokuba umuntu azisho igama elithi "imibandela". Cabanga abantu bekhuluma ngaphezu kwesimo sakhe, bayivumelana ngokusheshisa kakhulu, bahleka ngenkathi bekungazibambi, baqala ukuhamba (freezing), bakuchaza kakhulu, bagcwalisa "cha" labo, bahlonipha imiqondisi yabo, noma bazoba abangathandekayo ngendlela ekhuliseka kunokuthi ivikelwe.

Bheka futhi indawo ingumuntu. Inxinwa ingubonakala njengezingubo zokubuza okungapheli, imfundiso eyathunyelwe njengokunakekela, ulimi lwomoya olusetshenziswa ukugcwalisa ukuvuleka, izikhelwane ezingenza kube nokuzwa ukuthi ukutika kuyinto engalungile.

Umuntu angikwazi ukusho njalo ukuthi, "Lokhu kuyanele kakhulu." Kungakubonakala ngokuzibeka phansi, ukugcina isizotha, ukungaqondi, ubuhle obuqondile, noma ukushintsha i-'intonye'. Umfundisi kufanele abone lezi zikhombo njengolwithi, hhayi njengezingalo okufanele kuzinqandwa.

Kanjani ukusho lokho

Ulimi lwamaqembu lufanele lube lulula, lihlalehlisa, futhi luchaza kahle. Alikudingi ukucaciswa kakhulu. Ulimi olulula lihlala luwumsebenzi osemnikeza isigaba esiqinile ngaphandle kokukwenza kube nokubaniwa kwamaqhophiso.

Izinto ezifayelelaka zihlanganisa: "Lokhu akusiyo yebo." "Asikudingi iqiniso eliningi kunalokho." "Ungapasa." "Masizibophezele kancane." "Lo ndawo uyaphakathi kwesigaba sethu namhlanje." "Ngicela ungibheki ukuthi ukuthula akusiyo kuvuma." "Ungakhomba ulimi lwekhona ngaphandle kokuchaza indaba yonke."

Abahlinzeki bangakwenza futhi ukumbala imiqondo yezigaba zikhe ngaphakathi kwesikhumba: "Sizoya kuphela ukunika izimpendulo lapha." "Asizange singenzi ukuthi siqondela kakhulu emhl('.'"). "Sizozilalela le ndaba ku ndani yesikole." "Lokhu kubalulekile, futhi kudinga isiqalo esivikelwe kunokho esikona manje."

Ibhokisi lapho kuphakathi kwabanye kanye neyomuntu oyedwa

Nokuthi kukhona imiqondo eminingi. Ngezinye izikhathi umkhawulo ungenxa yesithandwa esisithile. Ngezinye izikhathi ikukhomba konke ikhanda. Yazi ukuhlela okwakheka kanjani. Imiqondo yomuntu iyivikela isivumelana, amandla, noma uhlonipho lomuntu. Imiqondo yokuhlanganisa ivikela indawo yakwesithunzi esihlanganyelwe.

Umphakamisi kufanele akwazi ukulinda umkhawulo womuntu ngaphandle kokumenza lowo muntu ukuthi uqinisekiswe kuqembu. Umuntu akudingi ukubekisa ukuthi umkhawulo uwenzeka kahle ngaphambi kokuba ikhamela likuze kuso.

Kungase kube yidingo lokubekwa imiqondo yokugcina umkhondo lapho umndeni usihamba ngokushesha kakhulu, ube yizinto zokubona nje (voyeuristic), uhamba emhlabathweni wokunika izwi, ukukhula kuphikisano, noma ekubhekwa indaba yesithunzi esingabantu bonke ukuthi kube yimikhiqizo yokucaciswa kwabo. Kazo izikhathi, umkhululi ukhombisa imiqondo yokugcina umkhondo njengokudingeka okwakhiwe, hhayi njengesiphazamiso esithile somuntu ngamunye.

Izigaba

Isigqi asibonisi ukuthula, ukuvuma, noma ukuziphatha okkahle. Siletha isikhumba esiqinile. Ngezinye izikhathi abantu angathandanga lesikhumba. Lokho akusho ngokuthi lesikhumba yimangaliso.

Ingombothando yizibuza ukuthi ingasiza umthwalo, isivumelwano, kanye nokuxhumana oksebenza kanjani. Ingombothando enhle ingakwenza umuntu ahluleka, iqondisa indawo, noma iqondise imrafulo esivamile. Lokuhlungwa kungaba yingxenye yomsebenzi uma isanduku sibe yinhloko futhi sinobuhlonipho nokucacile.

Izigcawu akufanele zisetshenziswa ukulawula abanye ngokungadingeki, ukuvika konke ubuhlungu, ukukhohlisa ubuhle, noma ukuphepha umthwalo wokuzibekela mathuba. Isigcawu sinamandla lapho sihlanganisa okucacile mayelana nokuqondile okudingeka futhi sihlale ngobunethebo mayelana no-capacity, ingcazelo, noma imsebenzi womuntu onjani.

Okuthi ungazenzani

- Ungabathshaya abantu ngenxa yokuthi kufanele babe nezimbangela.
- Ungazihleli ukuthi ubungonyakalo kubuhlobo njengokuzithandela.
- Ungalibangi ukuzigcizelela ngokuthi yigama lokuziqonda.
- Ungalibonisi ukuthi "yebo" elilula liyaphakama kunokuba yisho "cha" eliqinile.
- Ungakwenza abantu babekelwe ukuzivikela imiqondo ukuze kube nokuqondiswa kwazo.
- Ungasebenzisi umphakathi wokuba yindlela yokugcizelela imiqondo yomuntu.
- Ungatholwa ukuthi ukuthula, ubuhle, ukuhleka, noma ukuziphatha akusona ukwamukela.
- Ungayiholi umkhawulo womuntu njengomdlalo wokubandakanya kwabantu ngokuthi leli bumbano libathinta futhi kufanele libhlazwe ukuze kube khona ukuphepha.

Ikadi Lokusebenza Kabusha Kokuphatha

Isihloko esingaphakathi kwesihloko sokuqala.	Ulimi Lwe-facilitator
lapho	Iqinisekisa ukuthi umfundi ubonakala ekhathazekile, emangaliswe, esizwa engakwazi ukuphakamisa, ehlezi, noma enomuzwa wokungaqondile; iqembu libuza okuningi kunokuthi umuntu akasibonise ngokusobala; ikhamera iyashiya lapho iphinde khona ukubanzi; noma isakhiwo singasebenzisa ubunye obuqinile.
Isinyathelo sokuqala	Khulula ikhamile. Ciza inhloso yomkhawulo ngaphandle kokubekisa umuntu. Cela ukuthi kuphathelane. Nika umfundi imvume yokuhamba, ukuzihleziwa, noma ukucacisa okumnikeza.
Isihloko esihle kakhulu	Ungakwazi ukuchaza ubude bombhalo ngaphandle kokuchazela indaba yonke.
Ukubuyisetha ikikhumba	Sizohamba ngokuvuma, isikhalo, kanye nesiqalo esisodwa ngikhathi.
Vula iqembu	Cinga i-edge entsha, yiqinise ukuthi ikhomba ingakwazi ukuhamba ngaphakathi kwalo, futhi siqhubeke phambili ngaphandle kokenza umuntu azivikile ubungani bakhe.

Ikhomba lesizathu: I-US Master lisakhiwa njengombhalo osheshayo we-English osemthethweni somkuseni wokulungiswa kwezilimi eziningi.